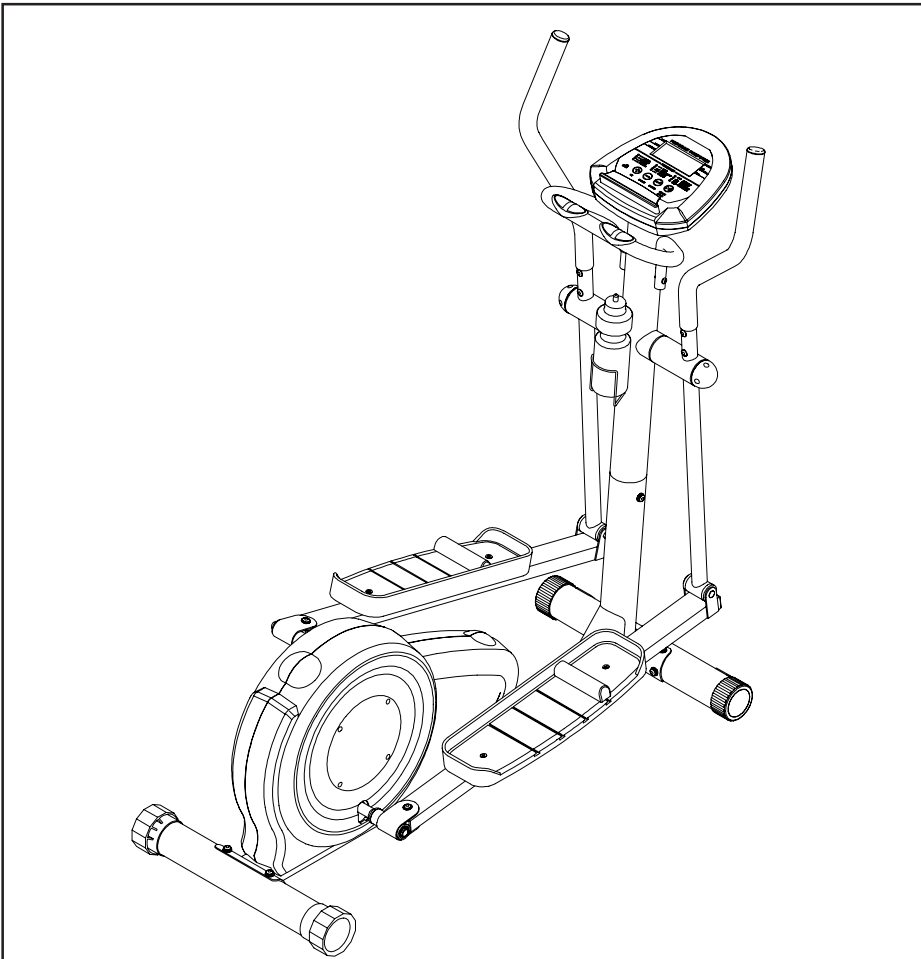


ELECTROMAGNETIC RESISTANCE  
PROGRAMMABLE

# ELLIPTICAL

**EMR**  
*series*

## Owner's Manual



### ⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

**55-1777**

**STAMINA PRODUCTS**

MADE IN TAIWAN

Product May Vary Slightly  
From Pictured.

#### CAUTION:

Weight on this product should not exceed 250 lbs.

This Product is Produced Exclusively by

**STAMINA®**

2040 N. Alliance, Springfield, MO 65803

Customer Service Number

1 (800) 375-7520

[www.staminaproducts.com](http://www.staminaproducts.com)

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### SAFETY INSTRUCTIONS

**WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the **EMR ELLIPTICAL**.

1. Read all warnings posted on the **EMR ELLIPTICAL**.
2. Read this Owner's Manual and follow it carefully before using the **EMR ELLIPTICAL**. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the **EMR ELLIPTICAL**. Do not allow children to use or play on the **EMR ELLIPTICAL**. Keep children and pets away from the **EMR ELLIPTICAL** when it is in use.
4. Set up and operate the **EMR ELLIPTICAL** on a solid level surface. Do not position the **EMR ELLIPTICAL** on loose rugs or uneven surfaces.
5. Inspect the **EMR ELLIPTICAL** for worn or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the **EMR ELLIPTICAL**.
7. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
8. Follow your physician's recommendations in developing your own personal fitness program.
9. Consult your physician before using any of the Heart Programs (P9 to P12). See page 15 for a description of these programs.
10. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
11. Do not wear loose or dangling clothing while using the **EMR ELLIPTICAL**.
12. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
13. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **EMR ELLIPTICAL**, loss of balance may result in a fall and serious bodily injury.
14. Do not use handlebars for strength training of upper body.
15. Keep both feet firmly and securely on the Foot Pedals while exercising.
16. The **EMR ELLIPTICAL** should not be used by persons weighing over 250 pounds.
17. The **EMR ELLIPTICAL** should be used by only one person at a time.
18. The **EMR ELLIPTICAL** is for consumer use only. It is not for use in public or semipublic facilities.

**WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST



**CUSTOMER SERVICE NUMBER**  
**1 (800) 375-7520**

---

**THANK YOU FOR PURCHASING THE  
EMR ELLIPTICAL**

To help you get started, we have pre-assembled most of your EMR ELLIPTICAL at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. Within a few minutes you will be getting your body into shape and on your way to achieving a happier and healthier lifestyle.

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**  
Monday - Friday, 8:00 A.M. - 5:00 P.M., Central Time.

## BEFORE YOU BEGIN

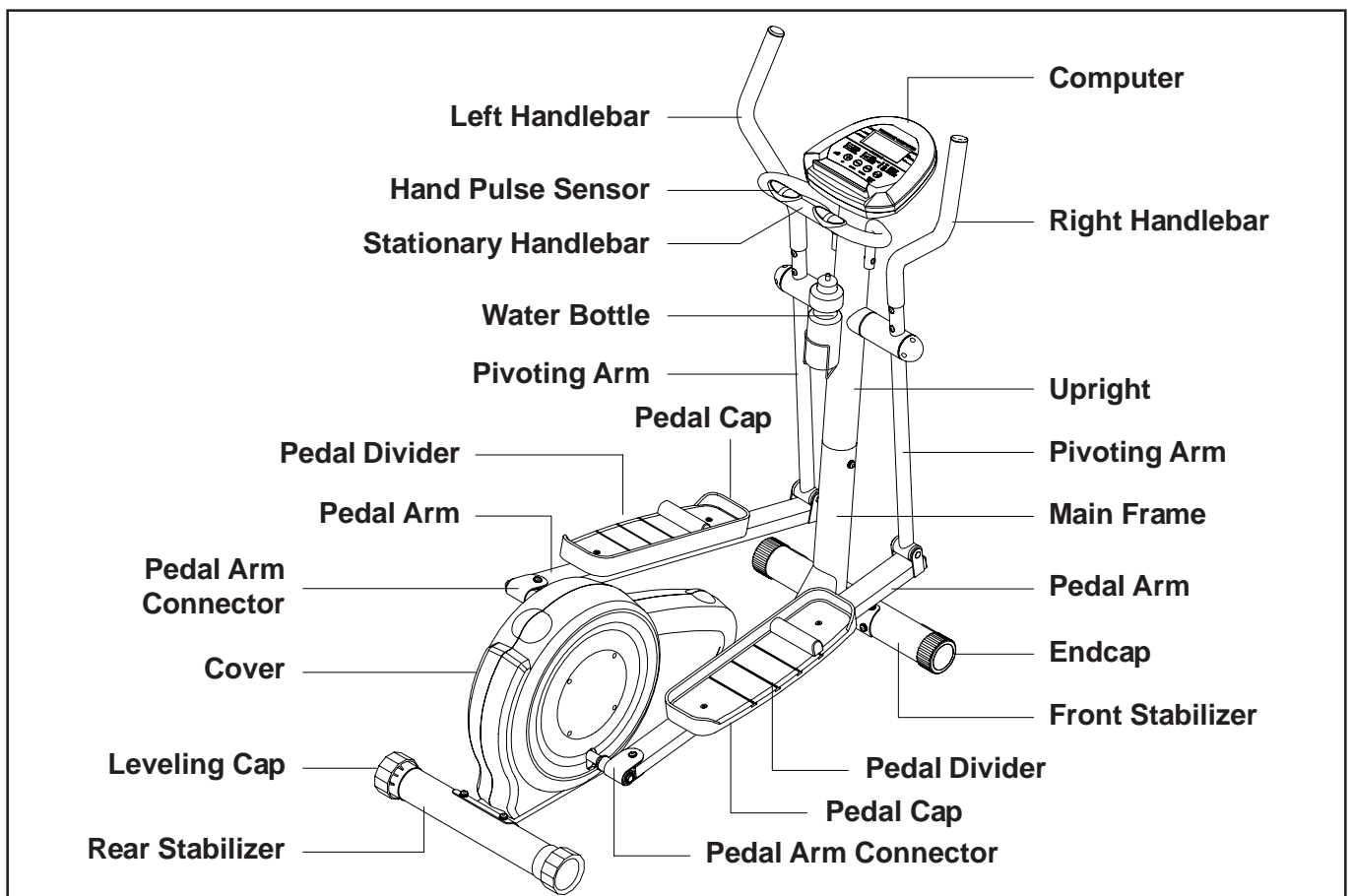
Thank you for choosing the **EMR ELLIPTICAL**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **EMR ELLIPTICAL** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

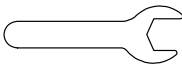
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **EMR ELLIPTICAL**.

Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place these things will happen occasionally. Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. If a part is missing, does not fit, is the incorrect size, or is otherwise inappropriate, please call 1 (800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday. Our operators will be able to assist you with your problem and the parts will be mailed directly to your house.

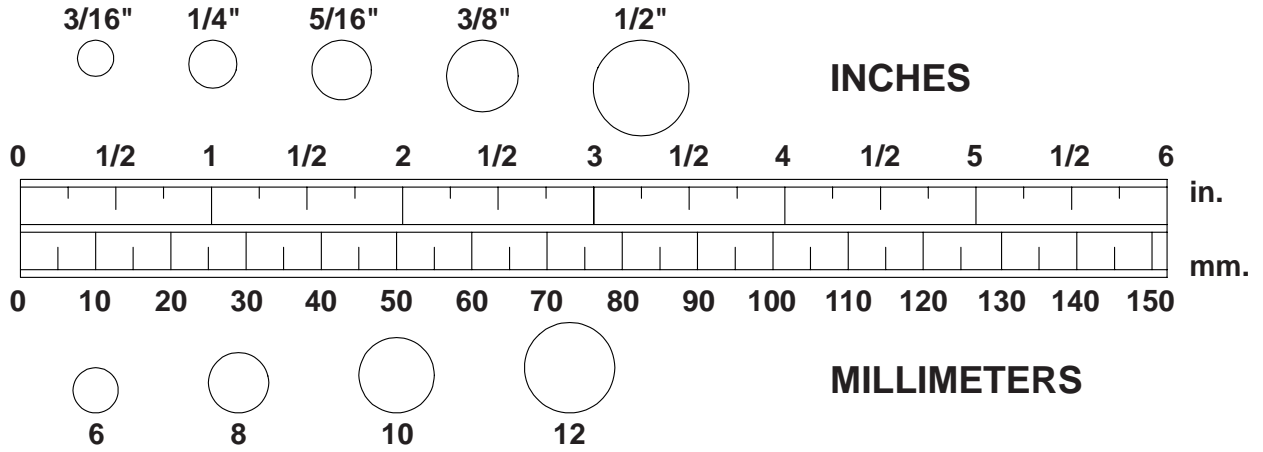


### THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :

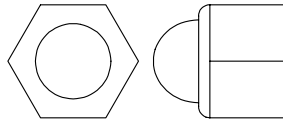
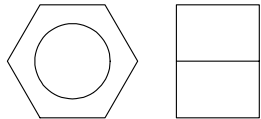
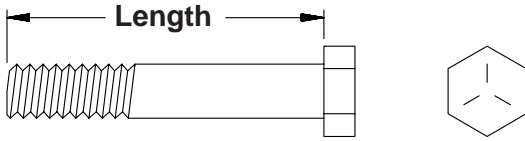
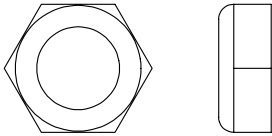
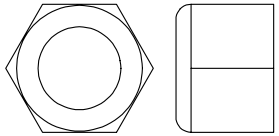
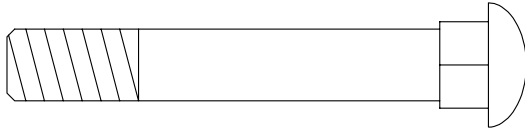
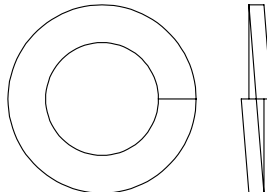
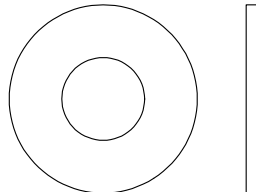
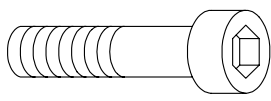
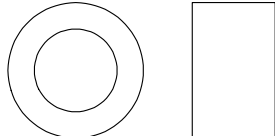
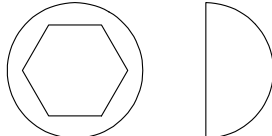
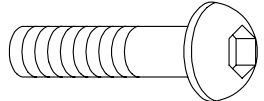
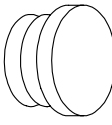
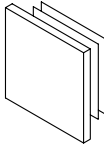
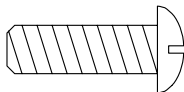
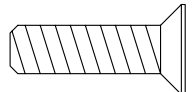
- |   |                                      |  |                                 |
|---|--------------------------------------|--|---------------------------------|
|  | <b>Phillips Screwdriver</b>          |  | <b>Wrench (17mm) (Included)</b> |
|  | <b>Allen Wrench (6mm) (Included)</b> |  | <b>Wrench (10mm) (Included)</b> |

# HARDWARE ILLUSTRATIONS

This chart is provided to help identify some of the small parts used in the assembly of this product. This sheet may not include all the hardware needed to assemble your product. It is intended to be used as a guide to help simplify your assembly process.



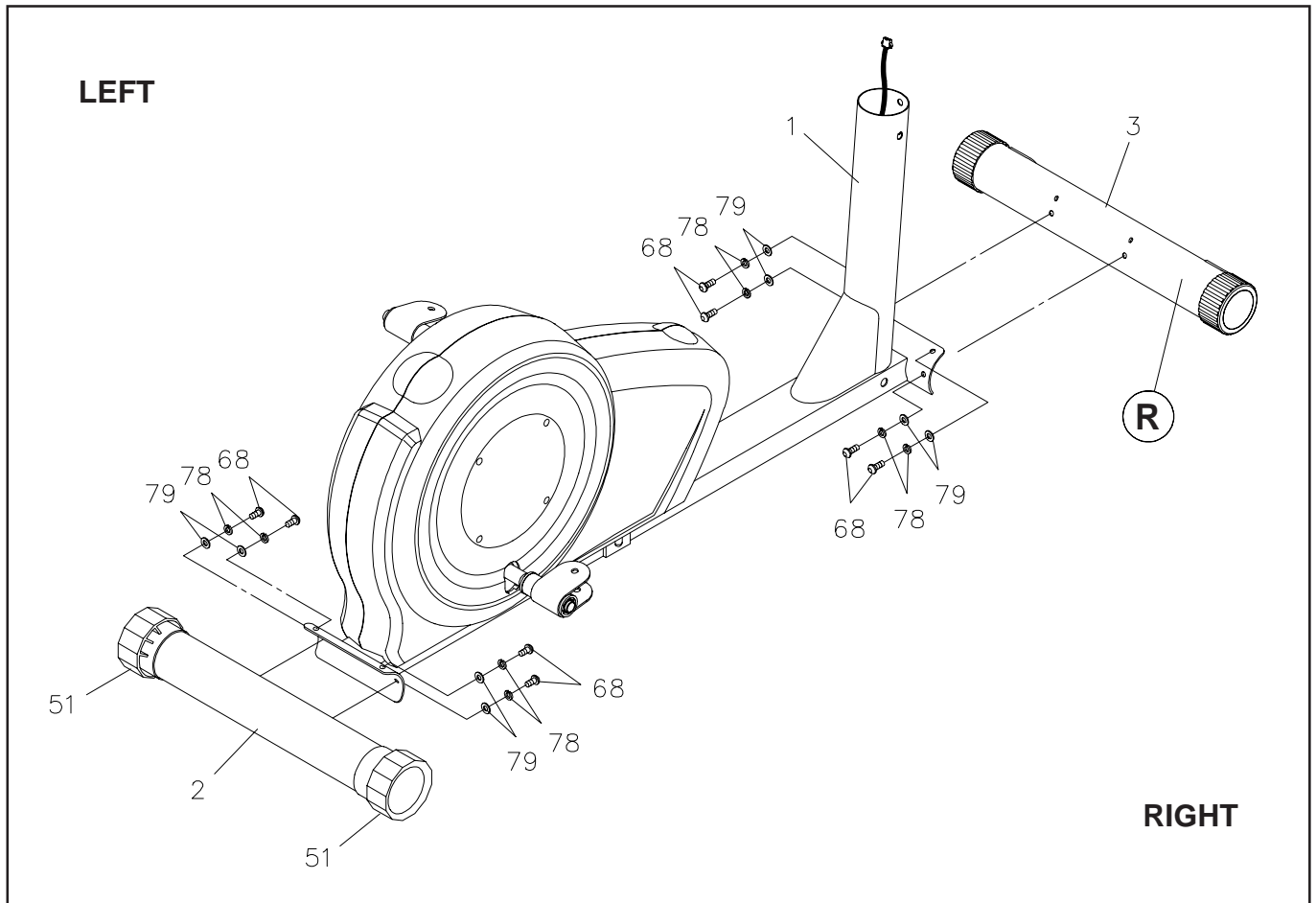
Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.

		
	<b>Acorn Nut</b>	<b>Standard Nut</b>
		
<b>Hex Head Bolt</b>	<b>Thin Nylock Nut</b>	<b>Nylock Nut</b>
		
<b>Carriage Bolt</b>	<b>Lock Washer</b>	<b>Flat Washer</b>
		
<b>Socket Head Screw</b>	<b>Spacer</b>	<b>Nut Cap</b>
		
<b>Button Head Screw</b>	<b>Round Plug</b>	<b>Square Plug</b>
		
<b>Round Head Screw</b>		
		
<b>Flat Head Screw</b>		

## ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at:

**parts@staminaproducts.com**



### STEP 1

There is a "R" decal on one end of the **FRONT STABILIZER(3)**, the one with wheels.

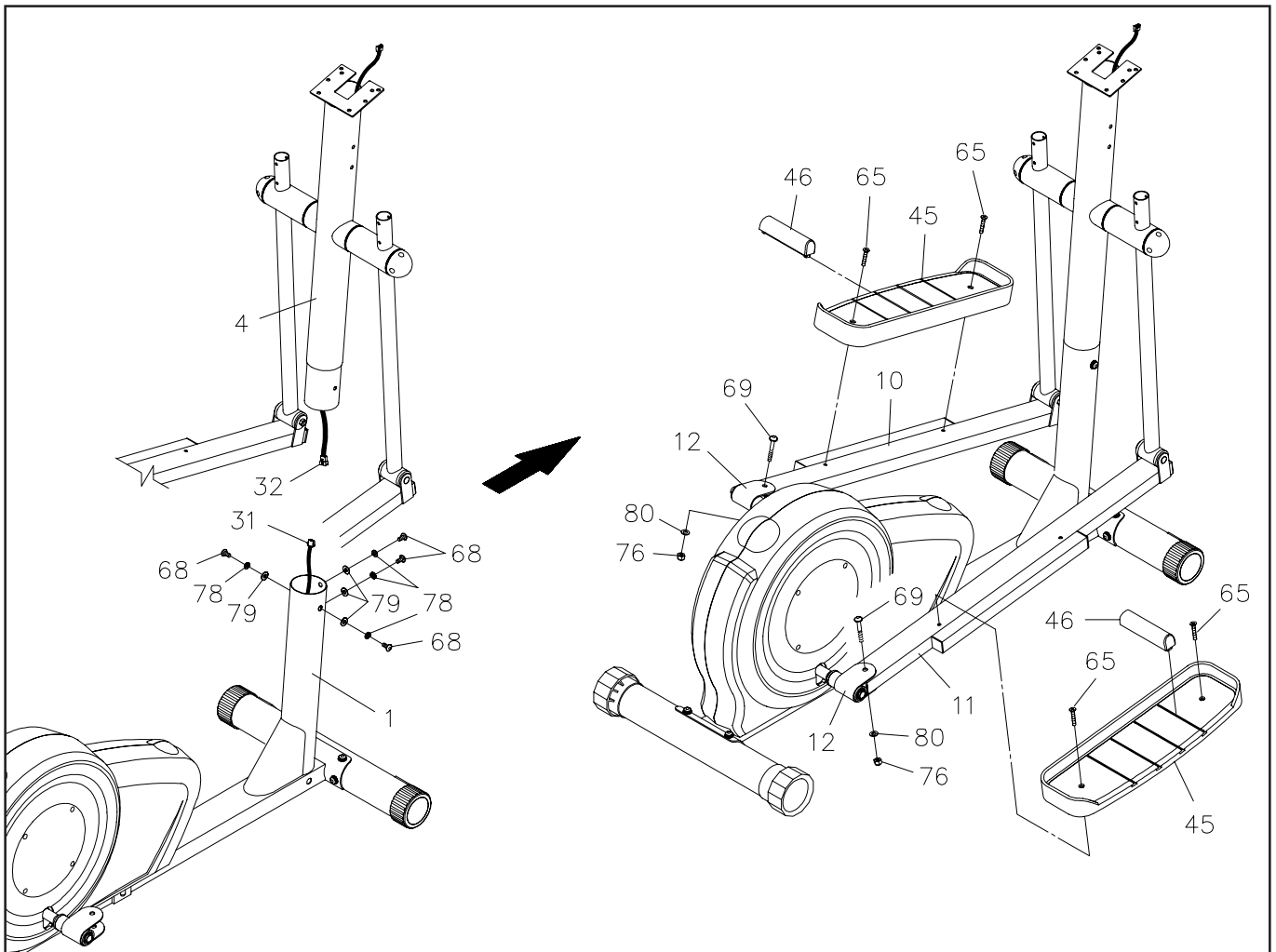
Attach the **FRONT STABILIZER(3)** onto the **MAIN FRAME(1)** with the "R" decal end at right side and secure with **BUTTON HEAD BOLTS(M8 x 20mm)(68)**, **LOCK WASHERS(M8)(78)**, and **WASHERS(M8)(79)**.

### STEP 2

Attach the **REAR STABILIZER(2)** onto the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS (M8 x 20mm)(68)**, **LOCK WASHERS(M8)(78)**, and **WASHERS(M8)(79)**.

**NOTE:** You can adjust the **LEVELING CAPS(51)** on the **REAR STABILIZER(2)** to keep the Elliptical stable.

## ASSEMBLY INSTRUCTIONS



### STEP 3

Connect the **LOWER CONNECTION WIRE(31)** to **UPPER CONNECTION WIRE(32)**. Insert the **UPRIGHT(4)** onto the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8 x 20mm)(68)**, **LOCK WASHERS(M8)(78)**, and **WASHERS(M8)(79)**.

### STEP 4

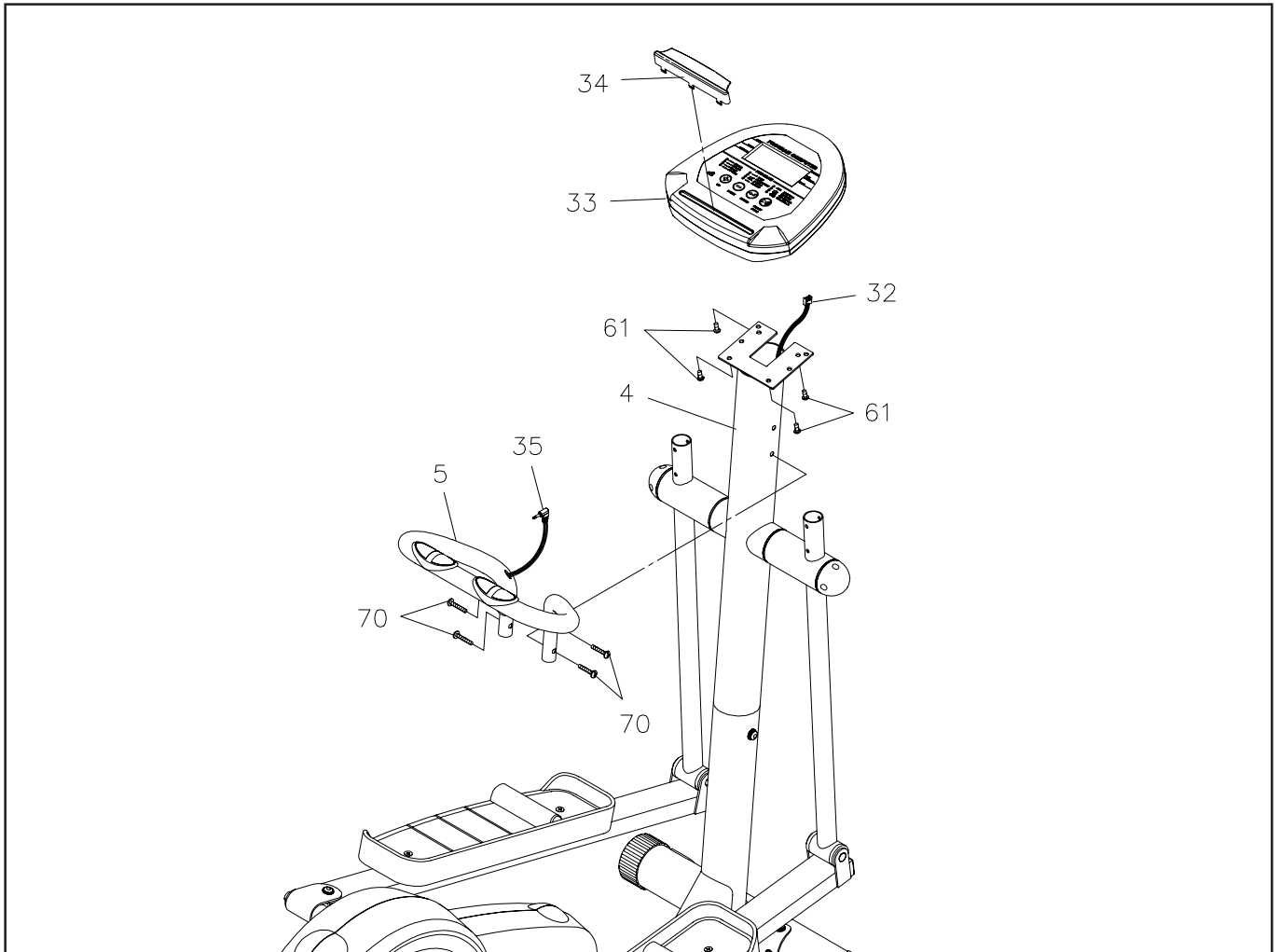
Connect the **LEFT and RIGHT PEDAL ARMS(10, 11)** to the **PEDAL ARM CONNECTORS(12)** with **BUTTON HEAD BOLTS(M10 x 55mm)(69)**, **WASHERS(M10)(80)**, and **NYLOCK NUTS(M10)(76)**.

### STEP 5

Attach the **PEDAL CAPS(45)** onto the **LEFT and RIGHT PEDAL ARMS(10, 11)** with **ROUND HEAD BOLTS(M6 x 25mm)(65)**. Slide the **PEDAL DIVIDERS(46)** into one of the four slots on the **PEDAL CAPS(45)** to fit your shoes. You may select the front or the back of the **PEDAL CAPS(45)** for foot placement. You will have more vertical movement in the Elliptical stride if you place your feet at the back of the **PEDAL CAPS(45)**.

**CAUTION:** The lip on the **PEDAL CAPS(45)** must face inside. The sides without a lip face outside as shown.

## ASSEMBLY INSTRUCTIONS



### STEP 6

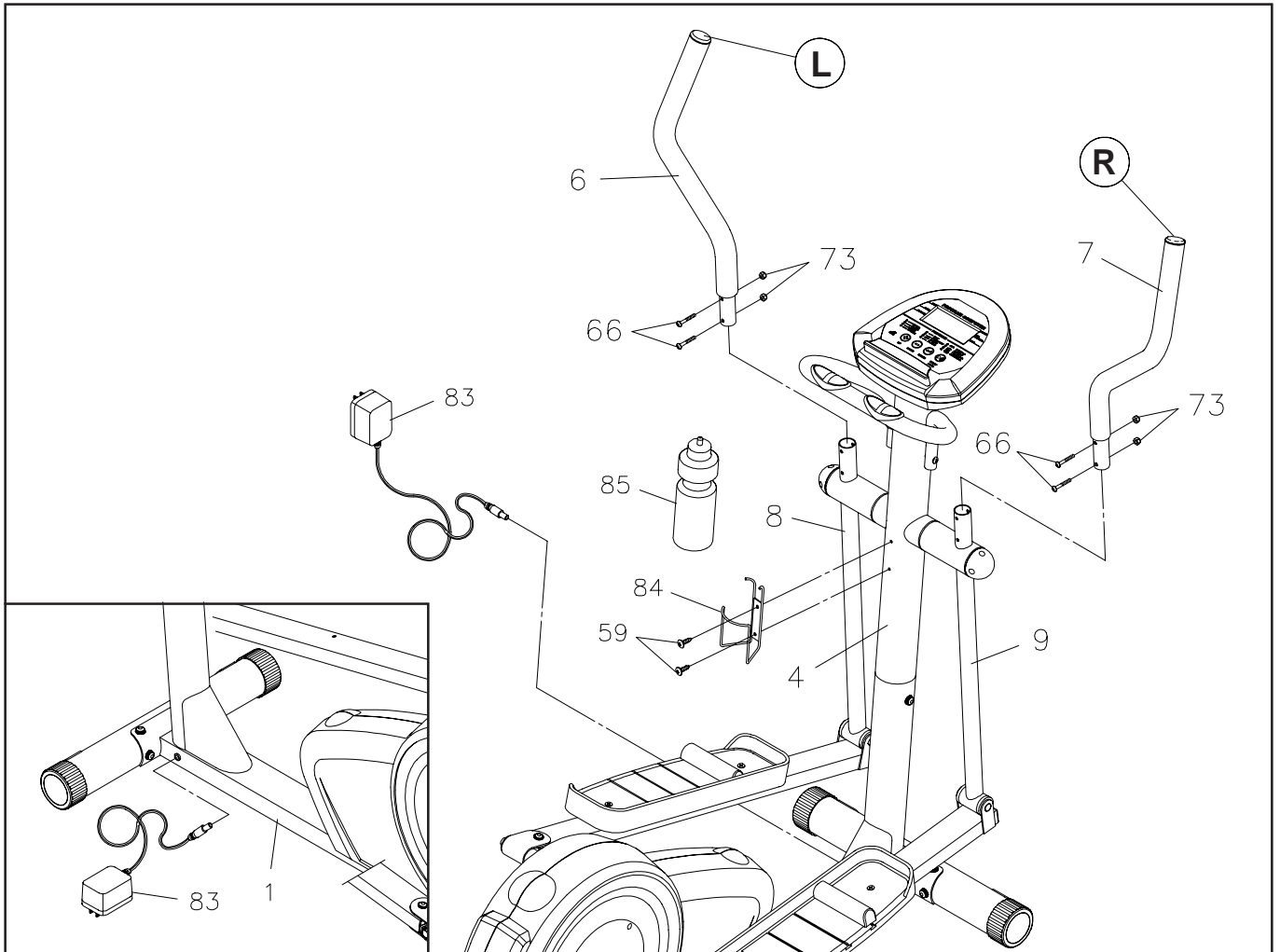
Install four "C" size batteries into the **COMPUTER(33)**, four batteries included. Plug the **UPPER CONNECTION WIRE(32)** into the **COMPUTER(33)**. Then attach the **COMPUTER(33)** onto the plate on the **UPRIGHT(4)** with **ROUND HEAD SCREWS(M5 x 10mm)(61)**. Press the **READING HOLDER(34)** into the **COMPUTER(33)**.

### STEP 7

Attach the **STATIONARY HANDLEBAR(5)** onto the **UPRIGHT(4)** with **FLAT HEAD BOLTS (M6 x 40mm)(70)**. Plug the **PULSE PLUG WIRE(35)** into the back of the **COMPUTER(33)**.



## ASSEMBLY INSTRUCTIONS



### STEP 8

There is a "L" decal on the **LEFT HANDLEBAR(6)**, and a "R" decal on the **RIGHT HANDLEBAR(7)**. Insert the **LEFT HANDLEBAR(6)** onto the **LEFT PIVOTING ARM(8)** and secure with **ROUND HEAD BOLTS(M6 x 35mm)(66)** and **NYLOCK NUTS(M6)(73)**. Repeat on the right side.

### STEP 9

Attach the **MOUNTING BRACKET(84)** onto the **UPRIGHT(4)** with **ROUND HEAD SCREWS (M5 x 12mm)(59)**. Place the **WATER BOTTLE(85)** into the **MOUNTING BRACKET(84)**.

### STEP 10

Connect the **ADAPTER(83)** into the outlet located on the base of the **MAIN FRAME(1)**, refer to the inset drawing. Plug the **ADAPTER(83)** into an electrical outlet.

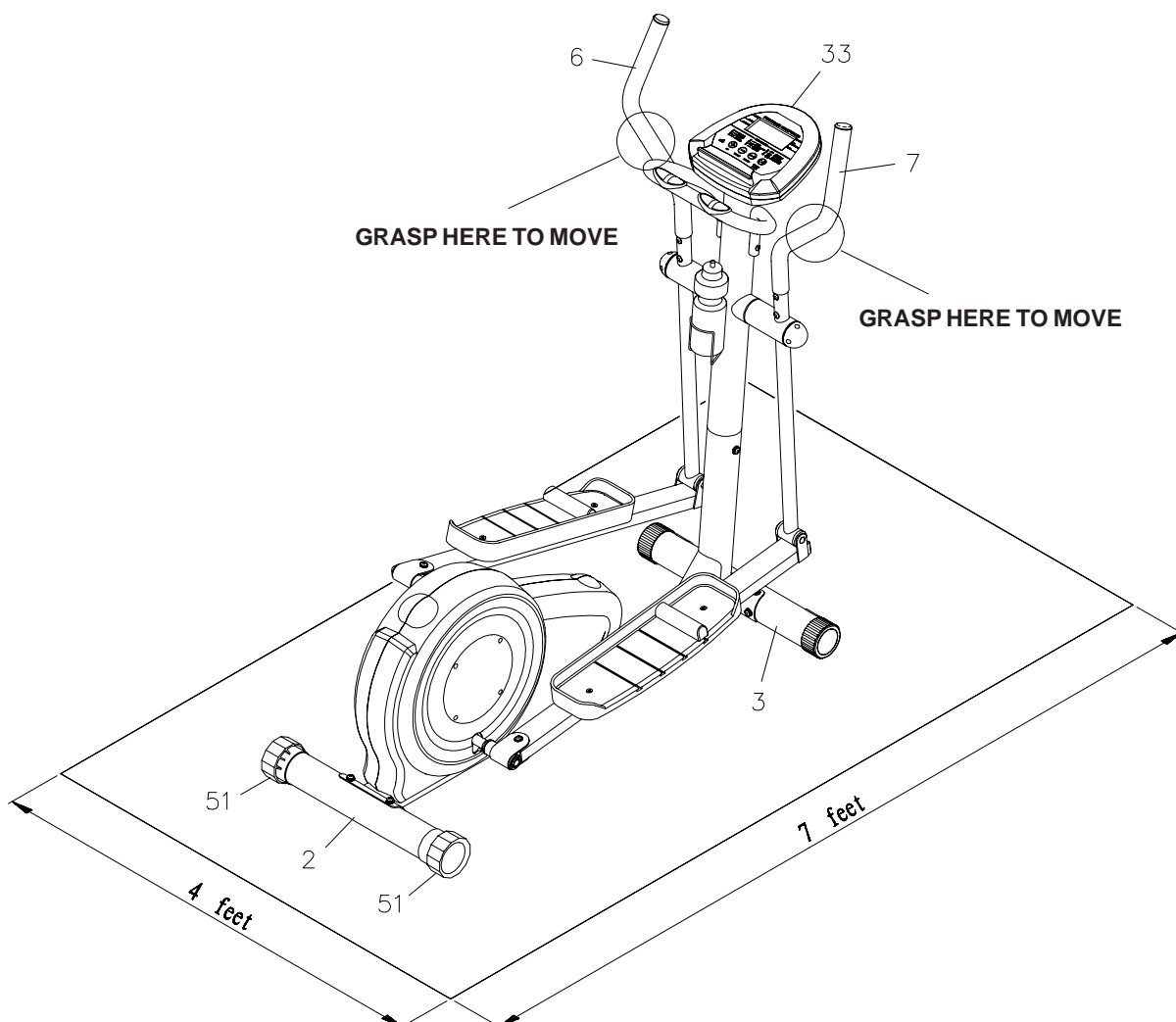
**NOTE:** The **EMR ELLIPTICAL** can use the **ADAPTER(83)** or the batteries in the **COMPUTER(33)** as a power source. To save battery power, use the **EMR ELLIPTICAL** with the **ADAPTER(83)** plugged into an electrical outlet.

## SET UP INSTRUCTIONS

Place the **EMR ELLIPTICAL** in the area where it will be used. The max. operation dimensions of **EMR ELLIPTICAL** is approximately 58 1/4" long x 25 5/8" wide x 61 3/8" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **EMR ELLIPTICAL**. Make sure that adequate space is available for access to and passage around the **EMR ELLIPTICAL**.

**LEVELING:** Adjust the **LEVELING CAPS(51)** on the **REAR STABILIZER(2)** so that the elliptical sets on the floor without rocking.

**MOVING:** The **EMR ELLIPTICAL** has a pair of **MOVING WHEELS(49)** built into the **FRONT STABILIZER(3)** at the front. Grasp the center section of the **HANDLEBARS(6, 7)** and tip the **EMR ELLIPTICAL** forward to move.



### FUNCTION INSPECTION:

Visually inspect the **EMR ELLIPTICAL** to verify that assembly is as shown in the above illustration. Check the function of the **EMR ELLIPTICAL**. Stand on the foot pedals and place your hands at a comfortable position on the handlebars. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Use the "+/-" buttons on the **COMPUTER(33)** to select a program and verify that the Magnetic System provides different tensions. Refer to the **COMPUTER INSTRUCTIONS** on pages 12 to 16.

---

## EXERCISE WORKOUT

To start using the **EMR ELLIPTICAL**, stand on the foot pedals, grasp the handlebars, move your highest foot forward and follow the natural path of the machine.

**CAUTION:** Do not use handlebars for strength training of upper body.

Start at a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable start adjusting the load level to achieve the workout desired.

### Load Level Adjustment

The load level of **EMR ELLIPTICAL** can be changed at any time during your workout. Adjusting the load level will allow you to increase or decrease your intensity level.

### Forward and Reverse

The **EMR ELLIPTICAL** can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

## STORAGE

1. To store the **EMR ELLIPTICAL** simply keep it in a clean dry place.
2. The min. rest dimensions of **EMR ELLIPTICAL** is approximately 55" long x 25 5/8" wide x 61 3/8" tall. These dimensions may vary. Please measure your **EMR ELLIPTICAL** if exact dimensions are needed.
3. Move the **EMR ELLIPTICAL** with the moving wheels on the **FRONT STABILIZER(3)**. Grasp the **HANDLEBARS(6, 7)**, tip the **EMR ELLIPTICAL** forward and move slowly.
4. To avoid damage to the electronics, remove the batteries before storing the **EMR ELLIPTICAL** for one year or more.

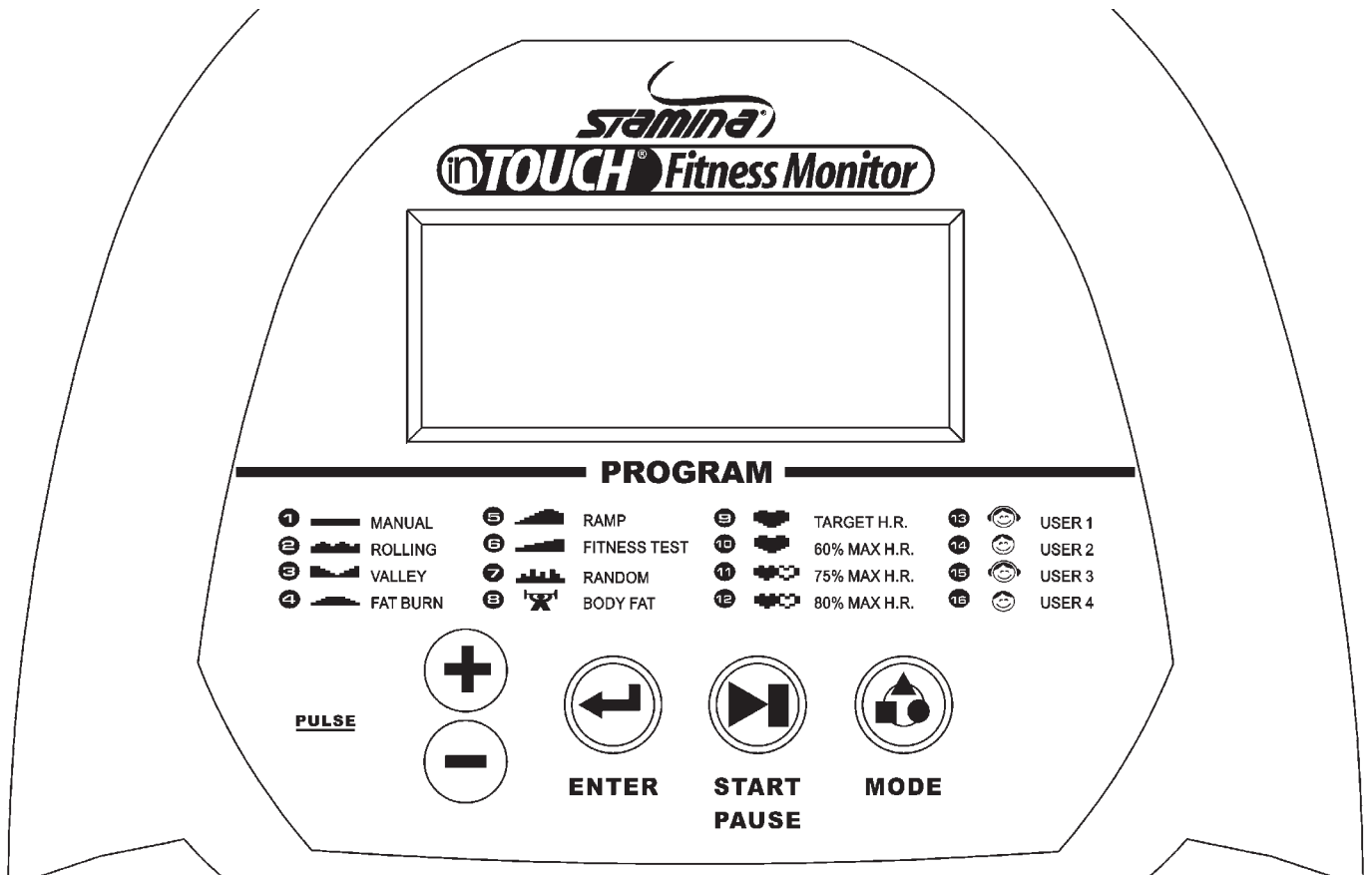
## MAINTENANCE

The safety and integrity designed into the **EMR ELLIPTICAL** can only be maintained when the **EMR ELLIPTICAL** is regularly examined for damage and wear. Special attention should be given to the following:

1. Use the "+/-" buttons on the **COMPUTER(33)** to select a program and verify that the Magnetic System provides different tensions. The Magnetic System should provide many years of use.
2. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Worn or damaged components shall be replaced immediately or the **EMR ELLIPTICAL** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **EMR ELLIPTICAL**.
6. Keep your **EMR ELLIPTICAL** clean by wiping with an absorbent cloth after use.

## COMPUTER INSTRUCTIONS

Your **EMR ELLIPTICAL** utilizes a magnetic braking system to create resistance for your workout. You control the amount and pattern of this resistance by means of the advanced computer console mounted at the center of the handlebar. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.



### BUTTONS:

**MODE:** Press to select the function value displays of **RPM** and **WATT**, or **SPEED** and **CALORIES**.

**ENTER :** Press to confirm the selected programs P1 to P16 and the values of the setting mode.

**START/** Press to start the selected program. Press the **START/PAUSE** button to stop the program.

**PAUSE:** You can press the **START/PAUSE** button again to continue to run the current program, or use "**+/-**" buttons to select a new program.  
Press and hold the button down for two seconds to reset all of the function values to zero.

**+ / UP :** Press to select programs P1 to P16. Press to increase the values of the setting mode.  
Press to increase the level of the workload when running a program.

**- / DOWN :** Press to select programs P1 to P16. Press to decrease the values of the setting mode.  
Press to decrease the level of the workload when running a program.

# COMPUTER INSTRUCTIONS

START			STOP			PROGRAM			LEVEL				
TIME	HEIGHT	RPM SPEED			DISTANCE	CAL	WATT	TARGRT	H.R	HEART RATE			
WEIGHT			MPH	FAT %	BMR	BMI	AGE	BODY TYPE					

## LCD DISPLAY INSTRUCTIONS

**START** Indicates the program selected has started.

**STOP** Indicates the program selected has stopped. You just can setup the programs under this STOP mode.

**PROGRAM**  Displays programs for selection during setup, from P1 to P16. Displays the selected program during exercise.

**LEVEL**  Displays resistance level of the current interval of program, from 1 to 16.

Indicates the gender (Male or Female) selected for the Body Fat Program.

**TIME** **HEIGHT**  
  
**WEIGHT**  
 Displays flashing "0:00" for presetting the program time during setup, from 5:00 to 99:00. Displays the time during exercise, from 1 sec up to 99:59 minutes. Displays HEIGHT for input when you select the Body Fat program, from 44 to 77 inches. Displays WEIGHT for input when you select the Body Fat program, from 23 to 440 lbs. **NOTE:** Maximum body weight for user is 250 lbs.

**RPM SPEED**  
  
**MPH**  
 Displays the current speed, from zero to 99.9 Mile/Hr, or RPM, from 0 to 999 rpm. Press "MODE" button to select the display of SPEED or RPM.

**DISTANCE**  
  
**FAT %**  
 If the program time is "00:00", displays flashing "0.0" for presetting the DISTANCE of program during setup, from 1 to 999 mile. Displays the distance during exercise, from zero to 999.9 miles. Displays the percentage of body fat in Body Fat Program.

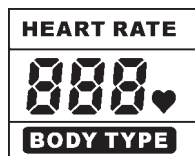
**CAL** **WATT**  
  
**BMR**  
 Displays the CALORIE consumption, from zero to 999.9 Kcal, or WATT, from 0 to 999.9 watt. Press "MODE" button to select the display of CAL or WATT. **NOTE:** The calorie and watt readouts are an estimate for an average user. It should be used only as a comparison between workouts on this unit. Displays the BMR in Body Fat Program. (BMR is Body Metabolism Rate. See page 18.)

## COMPUTER INSTRUCTIONS



Displays flashing "30" for presetting the AGE for programs during setup, from 10 to 99. Displays flashing "90" for presetting the TARGET H.R. in the Target Heart Rate Program, P9, from 60 to 220.

Displays the target heart rate of programs during exercise. Displays the BMI in Body Fat Program. (BMI is Body Mass Index. See page 18.)



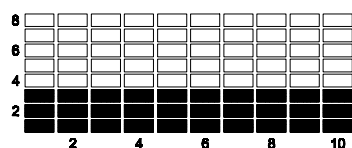
Displays the pulse rate, from 39 to 240 beats per minute. **NOTE:** You must place both of your hands on the Pulse Sensors on the Handlebar to input the pulse signal. Each pulse rate signal will be accompanied with one "♥" symbol flash. If you do not place your hands correctly and 8 seconds passes without a pulse input, the computer will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again.

Displays the BODY TYPE in Body Fat Program. (See page 18 for Body Type information.)

## PROGRAM DESCRIPTIONS

This computer contains of 16 different programs. You can preset the program time and the computer will divide the time into 10 intervals. If you do not set the program time in advance, the computer will use the preset value of 30 minutes to count up and cycle run the program profile. In this case, you can preset the DISTANCE for the program to count down.

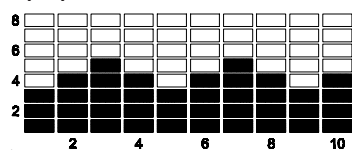
### (P1) MANUAL



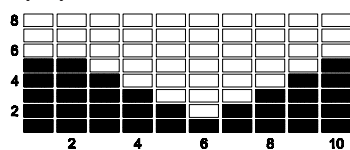
**MANUAL PROGRAM:** P1 is a manual program allowing the user to have full manual control of the workload. Use the "+" button to increase the load. Use the "-" button to decrease the load.

**PRESET PROGRAMS:** P2 to P7 are preset automatic programs. The profiles are shown on the face of the computer. Use the "+" button to increase the load level of the program. Use the "-" button to decrease the load level of the program.

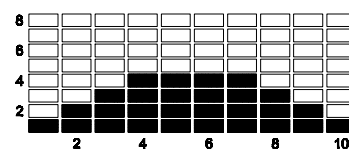
### (P2) ROLLING



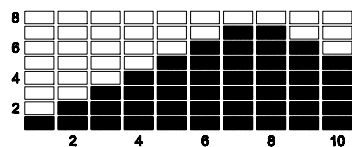
### (P3) VALLEY



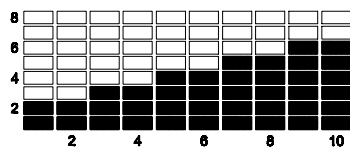
### (P4) FAT BURN



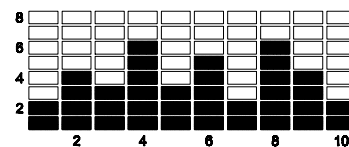
### (P5) RAMP



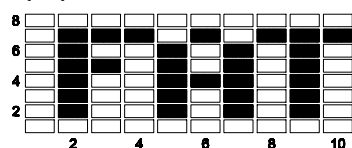
### (P6) FITNESS TEST



### (P7) RANDOM



### (P8) BODY FAT



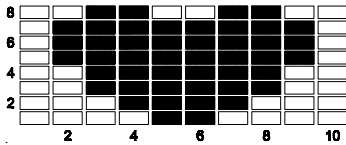
**BODY FAT PROGRAM:** P8 is a special program designed to calculate your body fat ratio and to suggest a specific preset program profile, resistance level, and Target H.R. that are suitable for you to burn body fat during workout.

Always try to keep your HEART RATE readout close to the Target H.R. during workout. Use the "+" button to increase the load level of the program. Use the "-" button to decrease the load level of the program.

# COMPUTER INSTRUCTIONS

**HEART RATE CONTROL PROGRAMS:** P9 to P12 are preset automatic heart programs. You must input your age and always hold the pulse sensors on the Handlebar with both hands when using the heart programs. Program 9 allows you to input the TARGET H.R. you desire, from 60 to 220. Programs 10 to 12 offer three percentages of maximum heart rate based on your age.

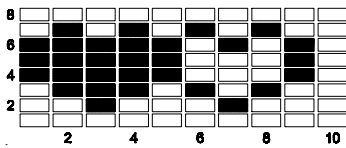
(P9, P10)



**PROGRAM 9 ( P9 ):**  
**PROGRAM 10 ( P10 ):**

**Target Heart Rate**  
**60% of Maximum Heart Rate**

(P11, P12)



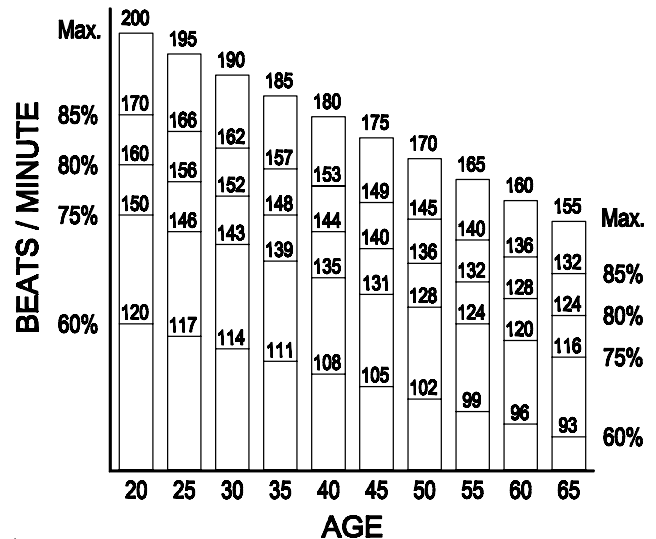
**PROGRAM 11 ( P11 ):**  
**PROGRAM 12 ( P12 ):**

**75% of Maximum Heart Rate**  
**80% of Maximum Heart Rate**

The program will monitor your pulse and adjust the workload automatically to keep your pulse within the zone which is plus & minus 5 Heart Beats from the target heart rate based on your age and the program that you selected.

For example:

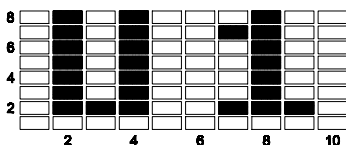
If your age is 30 : The maximum heart rate is 190.  
If you select P10 : 60% of maximum heart rate is 114.  
Heart rate zone: plus & minus 5 of 114 is 109 to 119.  
The program will monitor your pulse and adjust the workload automatically to keep your pulse within the heart rate zone (109 to 119) during your workout.



**USER SETTING PROGRAMS:** P13 to P16 are the automatic programs that allows the user to manually preset each of the 10 intervals. Under **STOP** mode, use "+/-" and "ENTER" buttons to edit the program profile. The program profile will be stored in the memory after setup. You can modify the profile anytime under the **STOP** mode. **NOTE: The changes can be stored only under STOP mode.**

When running a program, you still can use the "+" button to increase the load level of the program. Use the "-" button to decrease the load level of the program. But, these changes will not be stored in memory.

(P13, P14, P15, P16)



**PROGRAM 13 ( P13 ):**  
**PROGRAM 14 ( P14 ):**  
**PROGRAM 15 ( P15 ):**  
**PROGRAM 16 ( P16 ):**

**U1**  
**U2**  
**U3**  
**U4**

**NOTE: Display U1 to U4 for Program 13 to 16.**

---

## COMPUTER INSTRUCTIONS

### OPERATION INSTRUCTIONS

The advanced computer with diversified programs allows you to control the following features:

- **Workout Time** (Except in Program 8)
- **Distance** (Except in Program 8)
- **Heart Rate Control** (Program 9 to 12)
- **Body Fat** (Program 8)

Select the program that you desire and set the function values to adjust your workout. The different categories of programs operate in different ways but, the computer will guide you step by step to setup the program easily. Refer to the following list to learn what you may change in the programs.

CATEGORY	PROGRAM	VARIABLES
Manual Program	P1	Time, Distance, Age
Preset Program	P2 ~ P7	Time, Distance, Age
Body Fat Program	P8	Gender, Height, Weight, Age
Target Heart Rate Program	P9	Time, Distance, Target H.R.
Heart Rate Control Program	P10 ~ P12	Time, Distance, Age
User Setting Program	P13 ~ P16	Time, Distance, Age, 10 Intervals

**NOTE:** You may preset **TIME** or **DISTANCE** for a program. If you preset a value for **TIME**, the computer will not allow you to set **DISTANCE**. If you keep **TIME** at **00:00**, the computer will flash "**0.0**" allowing you to input **DISTANCE** and use 30 minutes for the program time and time will count up from 0.

#### A. MANUAL PROGRAM (P1)

##### STEP 1: POWER ON

Pedaling or press any button.

##### STEP 2 : SELECT PROGRAM

The Manual Program (P1) is always displayed first when you turn on the computer. If necessary, press "**+/-**" buttons to select the Manual Program.

##### STEP 3: SET THE PROGRAM TIME OR DISTANCE, AND AGE

Press the **ENTER** button, the **TIME** function mode will appear with the display flashing "**0:00**". Use "**+/-**" buttons to set the program time, from 1 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as "**00:00**" and press the **ENTER** button to enter the mode to set the **DISTANCE**. Use "**+/-**" buttons to set the **DISTANCE**, from 1 mile up to 999 miles with 1 mile increments.

Press the **ENTER** button to enter the mode to set the **AGE**. Use "**+/-**" buttons to set the **AGE**, from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

**NOTE:** With the input of age, the computer will display a **TARGET H.R.** when running the program. The **TARGET H.R.** is 85% of your Maximum Heart Rate, and your Maximum Heart Rate is (220 - AGE). If your pulse is equal to or greater than the **TARGET H.R.** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

##### STEP 4 : START TO WORKOUT

Now you are ready to begin exercising. The program will not start until you press the **START/PAUSE** button.



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## COMPUTER INSTRUCTIONS

### B. PRESET PROGRAMS (P2 to P7)

#### STEP 1: POWER ON

Pedaling or press any button.

#### STEP 2 : SELECT PROGRAM

Press "**+/-**" buttons until the desired program is displayed.

#### STEP 3: SET THE PROGRAM TIME OR DISTANCE, AND AGE

Press the **ENTER** button, the **TIME** function mode will appear with the display flashing "**0:00**". Use "**+/-**" buttons to set the program time, from 5 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as "**00:00**" and press the **ENTER** button to enter the mode to set the **DISTANCE**. Use "**+/-**" buttons to set the **DISTANCE**, from 1 mile up to 999 miles with 1 mile increments.

Press the **ENTER** button to enter the mode to set the **AGE**. Use "**+/-**" buttons to set the **AGE**, from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

**NOTE:** With the input of age, the computer will display a **TARGET H.R.** when running the program. The **TARGET H.R.** is 85% of your Maximum Heart Rate, and your Maximum Heart Rate is (220 - AGE). If your pulse is equal to or greater than the **TARGET H.R.** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

#### STEP 4 : START TO WORKOUT

Now you are ready to begin exercising. The program will not start until you press the **START/PAUSE** button.

### C. BODY FAT PROGRAM (P8)

#### STEP 1: POWER ON

Pedaling or press any button.

#### STEP 2 : SELECT PROGRAM

Press "**+/-**" buttons until the **PROGRAM 8** is displayed.

#### STEP 3: SELECT GENDER AND INPUT YOUR HEIGHT, WEIGHT, AND AGE

Press the **ENTER** button, the **GENDER** mode will appear with the display flashing "♂". Use "**+/-**" buttons to select. Press the **ENTER** button and use "**+/-**" buttons to set the values of your **HEIGHT**, **WEIGHT**, and **AGE**. After you input your age and press the **ENTER** button, the "**PROGRAM 8**" display will keep flashing.

#### STEP 4: CALCULATE YOUR BODY FAT

Press the the **START/PAUSE** button and hold the pulse sensors on the Handlebar with both hands. A few seconds later, the computer will show the information for **FAT%**, **BMR**, **BMI**, **BODY TYPE**, and the suitable program profile for you. Press the **START/PAUSE** button to start to workout. Now, you can see the **TARGET H.R.** that computer suggested for you. Always try to keep your **HEART RATE** readout close to the **TARGET H.R.** during workout.

**NOTE:** 1. If you don't hold the pulse sensors on the Handlebar with both hands properly, the pulse sensors won't be able to pick up the signals. The computer will display an error message "**E3**". Press the the **START/PAUSE** button and hold the pulse sensors with both hands properly to calculate again.

2. The values calculated or measured are for average people and they are for exercise purposes. They are not for medical purposes.

# COMPUTER INSTRUCTIONS

## UNDERSTANDING THE READOUT INFORMATION

### 1. BODY FAT %

Your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else).

A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage. The table describes body fat ranges and their associated categories.

General Body Fat Percentage Categories		
Classification	Women (fat %)	Men (fat %)
Essential Fat	10 - 12%	2 - 4%
Athletes	14 - 20%	6 - 13%
Fitness	21 - 24%	14 - 17%
Acceptable	25 - 31%	18 - 25%
Obese	32% plus	25% plus

### 2. BMI (BODY MASS INDEX)

Body Mass Index is a height/weight formula used by health and weight professionals around the world to assess a person's body weight. From your body mass index number you can see if you are underweight, normal weight, overweight or obese.

BMI conclusions vary slightly according to gender. Here is a general summary of weight-status based on BMI.

Underweight	Under 20 (19 for women)
Normal Weight	Between 20 and 24.99
Overweight	Between 25 and 29.99
Obese Class 1	Between 30 and 34.99
Obese Class 2	Between 35 and 39.99
Extreme Obesity	40 and above

### 3. BMR (BODY METABOLISM RATE)

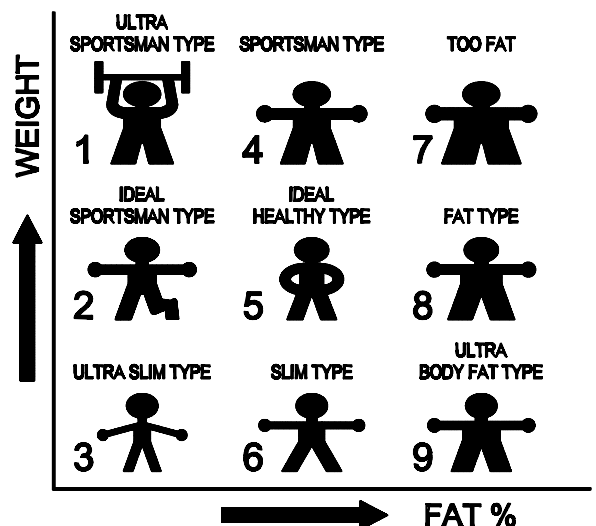
Basal Metabolic Rate is the rate at which the body burns calories to maintain normal body functions while at rest. BMR is the largest factor in determining overall metabolic rate and how many calories you need to maintain, lose or gain weight.

To loss weight, you should try to eat less calories then basal caloric rate as BMR shown. In order to lose weight, calories should not be your only concern. Exercise is vital, too.

### 4. BODY TYPE

There are 9 BODY TYPES divided according to the FAT % calculated. Refer to the chart to determine what body type you are.

When you know which type you are and diet and exercise correctly for that type, you will make much better progress.



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## COMPUTER INSTRUCTIONS

### D. HEART RATE CONTROL PROGRAMS (P9 to P12)

#### STEP 1: POWER ON

Pedaling or press any button.

#### STEP 2 : SELECT PROGRAM

Press "**+/-**" buttons until the desired program is displayed.

#### STEP 3: SET THE PROGRAM TIME OR DISTANCE, AND AGE

Press the **ENTER** button, the **TIME** function mode will appear with the display flashing "**0:00**". Use "**+/-**" buttons to set the program time, from 1 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as "**00:00**" and press the **ENTER** button to enter the mode to set the **DISTANCE**. Use "**+/-**" buttons to set the **DISTANCE**, from 1 mile up to 999 miles with 1 mile increments.

Press the **ENTER** button to enter the mode to set the **AGE**. Use "**+/-**" buttons to set the **AGE**, from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

When you select the **TARGET H.R.** Program, P9, you must input a value for **TARGET H.R** right after you input you **AGE**. Press **ENTER**, the **TARGET H.R** display will flash and use "**+/-**" buttons to input your desired **TARGET H.R.**, from 60 up to 220 beats per minute.

#### STEP 4 : START TO WORKOUT

Press the **START/PAUSE** button to start to workout. Always hold the pulse sensors on the Handlebar with both hands.

### E. USER SETTING PROGRAMS (P13 to P16)

#### STEP 1: POWER ON

Pedaling or press any button.

#### STEP 2 : SELECT PROGRAM

Press "**+/-**" buttons until the desired program is displayed.

#### STEP 3: SET THE PROGRAM TIME OR DISTANCE, AND AGE

Press the **ENTER** button, the **TIME** function mode will appear with the display flashing "**0:00**". Use "**+/-**" buttons to set the program time, from 5 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as "**00:00**" and press the **ENTER** button to enter the mode to set the **DISTANCE**. Use "**+/-**" buttons to set the **DISTANCE**, from 1 mile up to 999 miles with 1 mile increments.

Press the **ENTER** button to enter the mode to set the **AGE**. Use "**+/-**" buttons to set the **AGE**, from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

**NOTE:** With the input of age, the computer will display a **TARGET H.R.** when running the program. The **TARGET H.R.** is 85% of your Maximum Heart Rate, and your Maximum Heart Rate is (220 - AGE). If your pulse is equal to or greater than the **TARGET H.R.** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

#### STEP 4 : EDIT THE PROGRAM PROFILE

Press the **ENTER** button, interval 1 will begin flashing. Use "**+/-**" buttons to set the load for interval 1. Press the **ENTER** button to proceed to the next interval. Use "**+/-**" buttons to set the load for each interval.

#### STEP 5 : START TO WORKOUT

Now you are ready to begin exercising. The program will not start until you press the **START/PAUSE** button.

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## COMPUTER INSTRUCTIONS

### OPERATION DESCRIPTIONS

1. To stop a running program, press the **START / PAUSE** button. In this mode, you can press the **START/PAUSE** button again to continue to run the current program. Or, you can use "+/-" buttons to select a new program.
2. When you complete a program, the computer will remind you with an audible alarm. You can press any button to stop the audible alarm.
3. If you want to restart with a new program, press and hold the **START / PAUSE** button down for two seconds to reset all of the function values to zero. Use "+/-" buttons to select a new program.
4. The computer will shut off automatically after 4 minutes of inactivity and all function values will be reset to zero.

### POWER SOURCE:

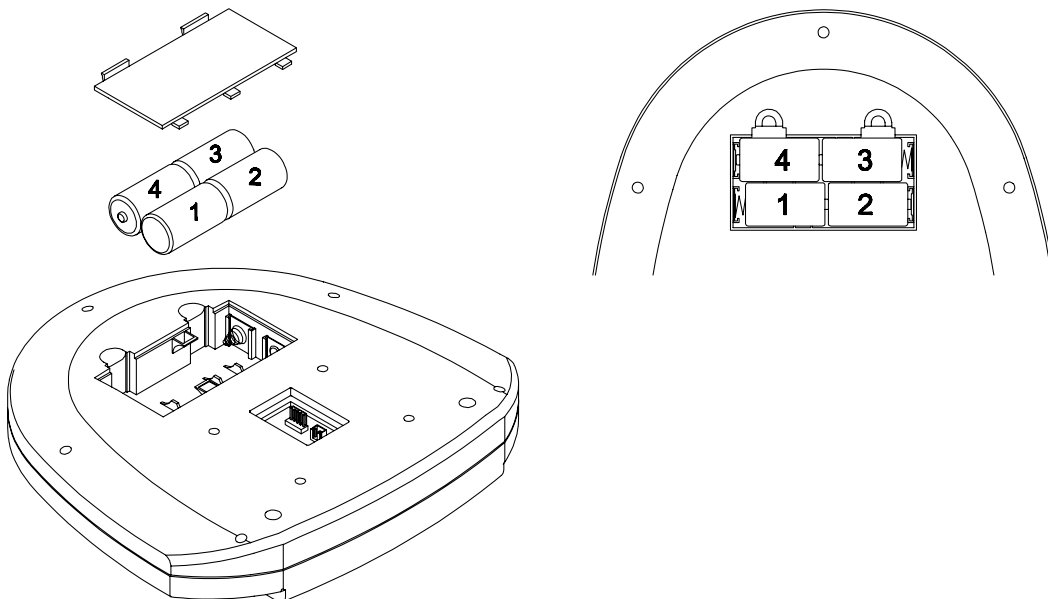
The computer can use the adapter or the batteries as a power source. To save battery power, use the **EMR ELLIPTICAL** with the adapter plugged into an electrical outlet.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the computer.
2. The computer operates with four **C** size batteries, four batteries included. Refer to the illustration to install or replace the batteries. Please install the lower two batteries first, then install the others.
3. The batteries must be correctly positioned and make sure the battery springs properly contact the batteries.

### NOTE:

1. Do not mix new batteries with old batteries.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the **EMR ELLIPTICAL** gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your **EMR ELLIPTICAL** a flat, even surface at least 3 feet from walls and furniture.

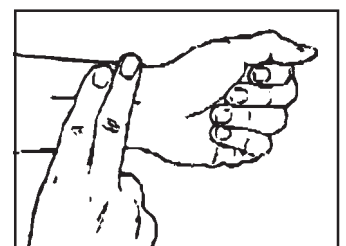
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
20	138~167	133~162
25	136~166	132~160
30	135~164	130~158
35	134~162	129~156
40	132~161	127~155
45	131~159	125~153
50	129~156	124~150
55	127~155	122~149
60	126~153	121~147
65	125~151	119~145
70	123~150	118~144
75	122~147	117~142
80	120~146	115~140
85	118~144	114~139

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



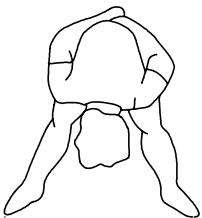
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## WARM-UP and COOL-DOWN

**Warm-up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

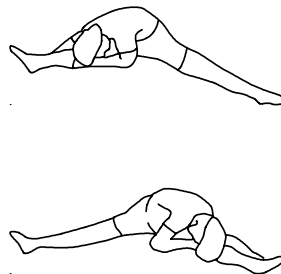
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises



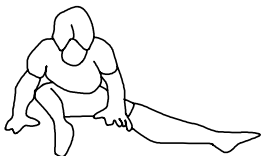
#### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessen, try a lower position gradually.



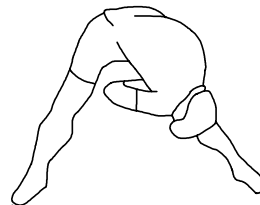
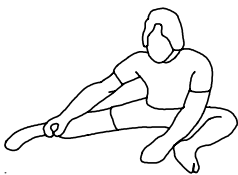
#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



#### Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



#### Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Remember always to check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength-training session.

**WARRANTY**

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

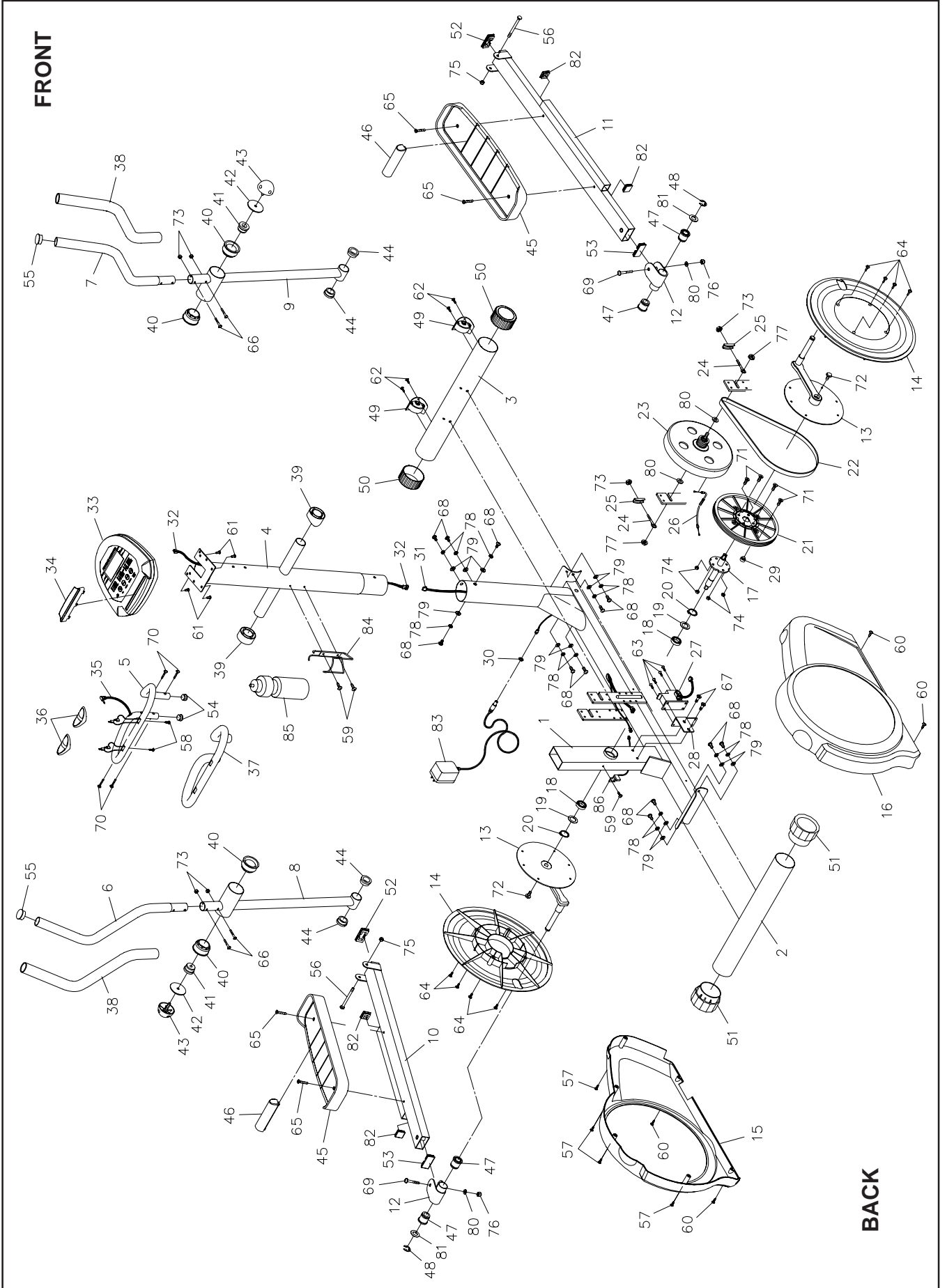
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071** or call us at **1 (800) 375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

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**PRODUCT PARTS DRAWING**





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## PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Upright	1
5	Stationary Handlebar	1
6	Left Handlebar	1
7	Right Handlebar	1
8	Left Pivoting Arm	1
9	Right Pivoting Arm	1
10	Left Pedal Arm	1
11	Right Pedal Arm	1
12	Pedal Arm Connector	2
13	Crank	2
14	Crank Cover	2
15	Left Cover	1
16	Right Cover	1
17	Shaft	1
18	Bearing (6004z)	2
19	Washer (M20)	2
20	C Ring (20mm)	2
21	Pulley	1
22	V-Ribbed Belt	1
23	Magnetic System	1
24	Eye Bolt (M6 x 1 x 35mm)	2
25	Tension Bracket	2
26	Cable	1
27	Control Motor	1
28	Motor Bracket	1
29	Magnet	1
30	Plug Nut	1
31	Lower Connection Wire	1
32	Upper Connection Wire	1
33	Computer	1
34	Reading Holder	1
35	Pulse Plug Wire	1
36	Pulse Sensor Plate	2
37	Long Foam Grip	1
38	Foam Grip	2
39	Spacer	2
40	Pivot Bar Bushing	4
41	Securing Spacer	2
42	Large Waser (M8 x 60mm x 3t)	2
43	Securing Knob	2
44	Pivot Bar small Bushing	4
45	Pedal Cap	2

## PARTS LIST

DIAGRAM#	PART NAME	QTY
46	Pedal Divider	2
47	Connector Bushing	4
48	E Ring (17mm)	2
49	Moving Wheel	2
50	Round Endcap (76mm)	2
51	Leveling Cap (76mm)	2
52	Rectangular Plug/w Curve (30mm x 60mm)	2
53	Rectangular Plug (30mm x 60mm)	2
54	Round Plug (22mm)	2
55	Round Plug (32mm)	2
56	Carriage Bolt (M8 x 1.25 x 75mm)	2
57	Screw, Round Head (M4 x 20mm)	4
58	Screw, Round Head (M4 x 25mm)	2
59	Screw, Round Head (M5 x 12mm)	3
60	Screw, Round Head (M5 x 20mm)	4
61	Screw, Round Head (M5 x 0.8 x 10mm)	4
62	Screw, Round Head (M5 x 0.8 x 18mm)	4
63	Screw, Flat Head (M5 x 0.8 x 10mm)	4
64	Bolt, Round Head (M6 x 1 x 10mm)	8
65	Bolt, Round Head (M6 x 1 x 25mm)	4
66	Bolt, Round Head (M6 x 1 x 35mm)	4
67	Bolt, Round Head (M8 x 1.25 x 16mm)	2
68	Bolt, Button Head (M8 x 1.25 x 20mm)	12
69	Bolt, Button Head (M10 x 1.5 x 55mm)	2
70	Bolt, Flat Head (M6 x 1 x 40mm)	4
71	Bolt, Flat Head (M8 x 1.25 x 16mm)	4
72	Bolt, Hex Head (M8 x 1.25 x 25mm)	2
73	Nylock Nut (M6 x 1)	6
74	Nylock Nut (M8 x 1.25 x 6mm thick)	4
75	Nylock Nut (M8 x 1.25 x 8mm thick)	2
76	Nylock Nut (M10 x 1.5)	2
77	Nut (M10 x 1.25)	2
78	Lock Washer (M8)	12
79	Washer (M8)	12
80	Washer (M10)	4
81	Washer (M17)	2
82	Square Plug (30mm x 30mm)	4
83	Adapter	1
84	Mounting Bracket	1
85	Water Bottle	1
86	Sensor Wire	1
87	Allen Wrench (6mm)	1
88	Wrench (10mm)	1
89	Wrench (17mm)	1
90	Manual	1

